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Stamp

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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

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The Farmington Square Times

February 2021 Newsletter



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Prioritize Your Heart Health With Daily Choices

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

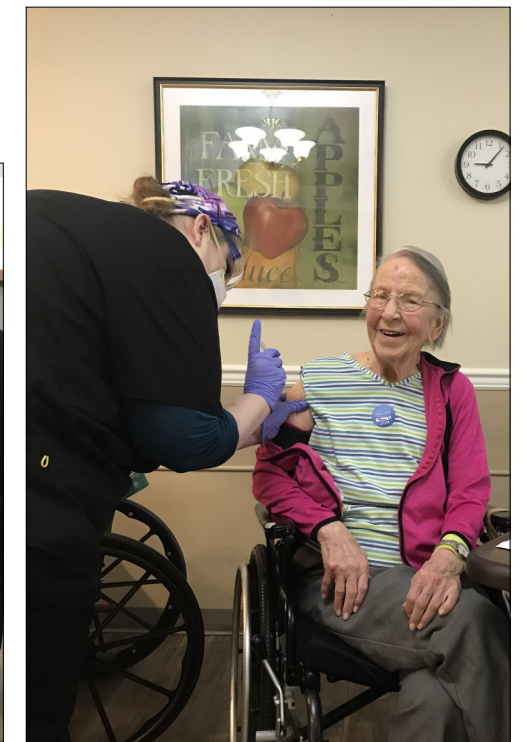
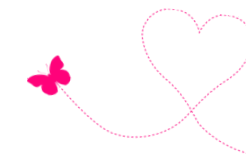
Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

Special Moments



Our second Covid-19 Vaccination Clinic will take place February 6th.



February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

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|-------------------------------------------------------------------|--------------------------------------------------------------|
| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrops Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle Day |

Regarding Covid-19: Resident and staff safety and comfort remains our number one priority. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Make a New Friend Day is on February 11

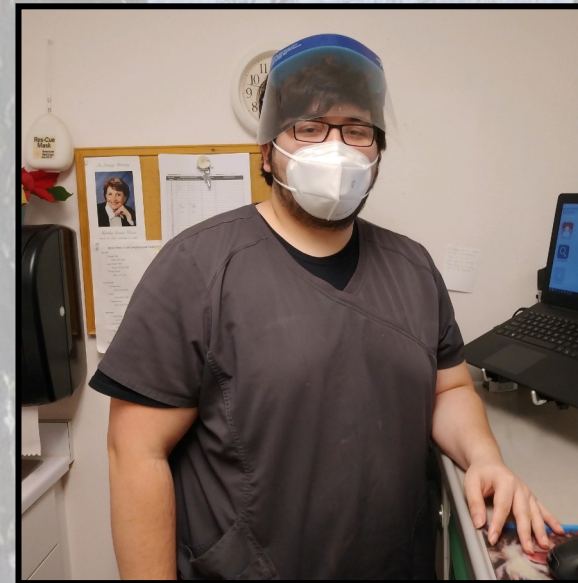
We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"Playing fun games together, where you cooperate and have fun" - Evelyn

"I've met friends while becoming a regular at a coffee shop" - Caitlin

"I've made friends at the community while playing Bingo" - Lynne

"I don't know, I just meet people at work! - Josue



Staff Spotlight:

Josue

Josue is a med tech who has worked at Farmington Square Eugene for a little over six months. He transferred over from our sister community, Sweetbriar Villa. He is originally from Mexico, but moved to Springfield, OR, when he was eight years old. His hobbies include playing video games, hiking, and he trying new foods (his favorite restaurant is Red Robin). His favorite type of food is sushi, favorite color is dark green, and favorite holiday is Christmas. He is described as sweet, fun, patient, caring, goofy, compassionate, and very helpful.

Josue, thank you for all that you do, and more! Our residents really appreciate you and enjoy your company! Congrats to you and Molly! We cannot wait to see pictures of your sweet baby boy!



Resident Spotlight:

Bill

This month, our resident spotlight shines on Bill. He is from Springfield, Massachusetts. After spending four years in the United States Air Force, he worked in sales and production for KVAL TV. Bill enjoys photography, listening to country music, bowling, and playing the accordion! He likes to watch sports (especially college football, Go Beavers!), the news, and western films. He is a dog lover and enjoys visits from his two dogs, Kodee and Roxie. He is described as kind, caring, funny, handsome, friendly, gentle, and appreciative.

Bill, you have such a big heart! You always have a positive attitude and a big smile on your face! We are so happy to have you here at Farmington Square!

FEBRUARY 2021

Farmington Square Eugene

2730 Bailey Lane, Eugene, OR 97401

541-344-7902

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All activities
subject to change
per mandated
health guidelines.

- 1 9:00 Beauty & Grooming (All)
- 9:30 Exercise Fun: Sit and Be Fit* (A,B)
- 10:30 Snackivity: **National Texas Day*** (All)
- 12:30 **B-I-N-G-O*** (B, C) 1:00 (A)
- 2:00 Sensory Games* (A)
- 2:00 Flower Arranging (B,C)
- 2:30 Snackivity: February Trivia* (All)
- 3:00 Strategy & Target Games* (All)
- 3:30 Word Games* (All)
- 4:00 Exercise Fun: Balloon Ball (A)
- 5:15 Exercise Fun: Balloon Ball (B)
- 6:00 Penny Ante (B)

2 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Travel to Little Europe* (All)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Coffee & Conversation* (All)
2:00 Exercise Fun: Balloon Ball (C)
2:30 Groundhog Day Trivia* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Yahtzee Night* (B)

3 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Tai Chi* (A,B)
10:30 Snacktivity: 1980's Trivia* (All)
12:30 Word Games/Crossword Puzzle* (B,C)
1:00 Short Stories* (A)
2:00 Snacktivity: Funny Animals* (All)
2:00 Creative Arts: Watercolor Painting* (All)
3:00 Casino Games* (All)
3:30 Card Games* (All)
4:00 Exercise Fun: Music & Movement* (A)
6:00 B-I-N-G-O Night!* (B)

4 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: Virtual Music* (A,B)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Music & Art* (A,B)
2:30 Exercise Fun: Walking Group (All)
3:00 Sensory Games* (All)
3:30 Cribbage (C)
4:00 Exercise Fun: Music & Movement* (A)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Board Game Night* (B)

5 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Fit Xpress* (A,B)
10:30 Snacktivity: Virtual Pet Visits* (All)
11:00 Church* (All)
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: Strategy & Target Games* (All)
2:30 Matching Games* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:30 Exercise Fun: Balloon Volleyball (B)
6:00 Movie Night & Popcorn* (All)

6 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Dominos (All)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: National Frozen Yogurt Day* (All)
2:00 Creative Arts: Adult Coloring* (All)
3:00 Residents Choice* (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Card Game Night* (B)

7 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: TV Games* (All)
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: Card Games* (All)
2:30 Exercise Fun: Walking Group (All)
3:00 Music & Art* (All)
3:30 Resident Focus Visits (All)
4:00 Exercise Fun: Music & Movement* (A)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Shake Loose a Memory (B)

8 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Sit and Be Fit* (A,B)
10:30 Snacktivity: [National Iowa Day*](#) (All)
12:30 [B-I-N-G-O*](#) (B, C) 1:00 (A)
2:00 Sensory Games* (A)
2:00 Flower Arranging (B,C)
2:30 Snacktivity: Entertainment Trivia* (All)
3:00 Strategy & Target Games* (All)
3:30 Word Games* (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Penny Ante (B)

9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Travel to Uruguay* (All)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Coffee & Conversation* (All)
2:00 Exercise Fun: Balloon Ball (C)
2:30 TV Games* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Yahtzee Night* (B)

10 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Tai Chi* (A,B)
10:30 Snacktivity: Always or Never Trivia* (All)
12:30 Word Games/Crossword Puzzle* (B,C)
1:00 Short Stories* (A)
2:00 Snacktivity: Funny Babies* (All)
2:00 Creative Arts: Adult Coloring* (All)
3:00 Casino Games* (All)
3:30 Card Games* (All)
4:00 Exercise Fun: Music & Movement* (A)
6:00 **B-I-N-G-O** Night!* (B)

11 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: Funny Babies* (A,B)
12:30 **B-I-N-G-O*** (B,C) 1:00 (A)
2:00 Snacktivity: **National Peppermint Patty Day*** (All)
2:30 Exercise Fun: Walking Group (All)
3:00 Sensory Games* (All)
3:30 Cribbage (C)
4:00 Exercise Fun: Music & Movement* (A)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Board Game Night* (B)


12 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Fit Xpress* (A,B)
10:30 Snacktivity: **Chinese New Year*** (All)
11:00 Church* (All)
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: Word Games* (All)
2:30 Card Games* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:30 Exercise Fun: Balloon Volleyball (B)
6:00 Movie Night & Popcorn* (All)

13 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Dominos (All)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Travel to Oregon* (All)
2:00 Creative Arts: Valentine's Day Crafts* (All)
3:00 Residents Choice* (All) 
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Card Game Night* (B)

14 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: Valentine's Day Trivia (All)
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: **Valentine's Day Treats*** (All)
2:00 **Recorded Live Music: Lori LeMaster*** (All)
3:00 Music & Art* (All)
3:30 Resident Focus Visits (All)
4:00 Exercise Fun: Music & Movement* (A)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Shake Loose a Memory (B)

15 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Sit and Be Fit* (A,B)
10:30 Snackivity: **National Wisconsin Day*** (All)
12:30 **B-I-N-G-O*** (B,C) 1:00 (A)
2:00 Sensory Games* (A)
2:00 Flower Arranging (B,C)
2:30 Snackivity: Health Trivia* (All)
3:00 Strategy & Target Games* (All)
3:30 Word Games* (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Penny Ante (B)

16 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Travel to Armenia* (All)
12:30 **B-I-N-G-O*** (B,C) 1:00 (A)
2:00 Snacktivity: Coffee & Conversation* (All)
2:00 Exercise Fun: Balloon Ball (C)
2:30 Board Games* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Yhtzee Night* (B)

17 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Tai Chi* (A,B) 
10:30 Snacktivity: Name That Sound Trivia* (All)
12:30 Word Games/Crossword Puzzle* (B,C)
1:00 Short Stories* (A)
2:00 Snacktivity: Hollywood Laughs* (All)
2:00 Creative Arts: Watercolor Painting* (All)
3:00 Casino Games* (All)
3:30 Card Games* (All)
4:00 Exercise Fun: Music & Movement* (A)
6:00 **B-I-N-G-O** Night!* (B)

18 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: Virtual Music* (A,B)
12:30 **B-I-N-G-O*** (B,C) 1:00 (A)
2:00 Snacktivity: Of the Day* (A,B)
2:30 Exercise Fun: Walking Group (All)
3:00 Sensory Games* (All)
3:30 Cribbage (C)
4:00 Exercise Fun: Music & Movement* (A,B)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Board Game Night* (B)

19 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Fit Xpress* (A,B) 
10:30 Snacktivity: **Virtual Pet Visits*** (All) 
11:00 Church* (All) 
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: Strategy & Target Games* (All)
2:30 Matching Games* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:30 Exercise Fun: Balloon Volleyball (B)
6:00 Movie Night & Popcorn* (All)

20 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Dominos (All)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Travel to Cairo* (All)
2:00 Creative Arts: Watercolor Painting* (All)
3:00 Residents Choice* (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Card Game Night* (B)

21 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: TV Games* (All)
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: Card Games* (All)
2:30 Exercise Fun: Walking Group (All)
3:00 Music & Art* (All)
3:30 Resident Focus Visits (All)
4:00 Exercise Fun: Music & Movement* (A)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Shake Loose a Memory (B)

22 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Sit and Be Fit* (A,B)
10:30 Snackivity: **National California Day*** (All)
12:30 **B-I-N-G-O*** (B, C) 1:00 (A)
2:00 Sensory Games* (A)
2:00 Flower Arranging (B,C)
2:30 Snackivity: **National Margarita Day*** (All)
3:00 Strategy & Target Games* (All)
3:30 Word Games* (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Penny Ante (B)

23 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Travel to Romania* (All)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Coffee & Conversation* (All)
2:00 Exercise Fun: Balloon Ball (C)
2:30 TV Games* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Yahrtzee Night* (B)

24 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Tai Chi* (A,B)
10:30 Snacktivity: Spelling Trivia* (All)
12:30 Word Games/Crossword Puzzle* (B,C)
1:00 Short Stories* (A)
2:00 Snacktivity: **National Tortilla Chip Day*** (All)
2:00 Creative Arts: Adult Coloring* (All)
3:00 Casino Games* (All)
3:30 Card Games* (All)
4:00 Exercise Fun: Music & Movement* (A)
6:00 **B-I-N-G-O Night!*** (B)

25 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: Funny Babies* (A,B)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Audio Books* (A,B)
2:30 Exercise Fun: Walking Group (All)
3:00 Sensory Games* (All)
3:30 Cribbage (C)
4:00 Exercise Fun: Music & Movement* (A)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Board Game Night* (B)

26 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Fit Xpress* (A,B)
10:30 Snacktivity: What Did It Cost? (All)
11:00 Church* (All)
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: Word Games* (All)
2:30 Card Games* (All)
3:00 Pretty Nails & Manicures (All)
4:00 Exercise Fun: Balloon Ball (A)
5:30 Exercise Fun: Balloon Volleyball (B)
6:00 Movie Night & Popcorn* (All)

27 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Music & Movement* (A,B)
10:30 Snacktivity: Dominos (All)
12:30 B-I-N-G-O* (B,C) 1:00 (A)
2:00 Snacktivity: Travel to Trinidad & Tobago* (All)
2:00 Creative Arts: Adult Coloring* (All)
3:00 Residents Choice* (All)
4:00 Exercise Fun: Balloon Ball (A)
5:15 Exercise Fun: Balloon Ball (B)
6:00 Card Game Night* (B)

28 9:00 Beauty & Grooming (All)
9:30 Exercise Fun: Balloon Ball (A,B)
10:30 Snacktivity: TV Games* (All)
12:30 Yahtzee (B,C) 1:00 (A)
2:00 Snacktivity: **National Floral Design Day***
(All)
2:00 **Recorded Live Music: Katie Sontag*** (All)
3:00 Music & Art* (All)
3:30 Resident Focus Visits (All)
4:00 Exercise Fun: Music & Movement* (A)
5:15 Exercise Fun: Music & Movement* (B)
6:00 Shake Loose a Memory (B)

February Highlights

Feb. 1st. National Texas Day
Feb. 5th & 19th. Virtual Pet Visits
Feb. 6th. National Yogurt Day
Feb. 8th. National Iowa Day
Feb. 11th. National Peppermint Patty Day
Feb. 12th. Chinese New Year
Feb. 13th. Valentine's Day Crafts
Feb. 14th. Valentine's Day Treats & Recorded Live Music: Lori Le-Master
Feb. 15th. National Wisconsin Day
Feb. 22nd. National California Day & National Margarita Day
Feb. 24th. National Tortilla Chip Day
Feb. 28th. National Floral Design Day & Recorded Live Music: Katie Sontag